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Physical education of students in modern conditions

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ABSTRACT

Today, a significant number of studies are devoted to the problems of physical education of students and the formation of a healthy lifestyle of modern youth. Most authors agree on the need to make structural changes in the process of physical education of students in order to improve their health and development of physical qualities. The article considers various structural forms of organizing the process of physical education of students in modern conditions.

Key words. Students, physical education, modular training, specializations, motor activity.

1. INTRODUCTION

Currently, a significant number of scientific studies are devoted to solving actual problems of physical education of students. One of the most important problems is the state of physical health of modern young people. According to special monitoring data, only about 10 % of young people have a level of physical development and health close to normal. There was a sharp increase in cardiovascular and musculoskeletal diseases, which is largely due to the insufficient level of motor activity of young people. In General, about 50% of young people who have 2 or 3 different diagnoses of diseases come to higher education institutions, and only about 15 % of graduates can be considered healthy people [4, p. 15]. Another problem is the decrease in the effectiveness of educational technologies in the system of physical education of higher school students. Scientific research conducted in educational institutions shows an unsightly picture of a sharp deterioration in the level of health and physical fitness of students to the loads that they may encounter in their subsequent work [1, p. 91]. It is noted that today teachers of the departments of physical education focus students only on passing the test on the subject, and not on the need to form special knowledge, skills, competencies, healthy lifestyle standards, strengthen their health, etc., therefore, qualitative changes are needed in the structure and methods of conducting training sessions on physical culture in universities in order to correct the situation [7, p. 116]. All of the above forms the relevance of this work.

2. MATERIALS AND METHODS

One of the ways to introduce qualitative and structural changes in the educational process of physical education of students is to change the form and methodology of classes in order to increase the level of development of physical qualities, strengthen health, prepare for the upcoming work and social activities. Comparative analysis of the effectiveness of training sessions on these forms in the context of improving the level of development of physical qualities and functional readiness of students forms the scientific novelty of the study.

The method of conducting classes with students in the form of specializations is based on a sports-specific approach-the pedagogical direction of physical education of students at the University on the basis of classes in one or more sports using modern technologies for training athletes, adapted to the educational process and contributing to the implementation of individual motor needs, the formation of sports culture, improving the physical and special training of youth in student years [2, p. 1335]. It involves the conversion of sports technologies into the process of physical education of students.

Modular training programs are based on the sequential development of students' basic motor skills: walking, running, skiing, swimming, etc. Classes with students are held in different modules that follow each other in sequence. As a rule, on the 1st semester there are: athletics, gymnastics, sports (football), on the 2nd semester: athletics, swimming, sports (volleyball, basketball). The modular training system includes blocks of training sessions (the number of classes is 18 for each block) theoretical, practical training methods and mandatory

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acceptance of control and technical standards. Today, this form of study prevails in most higher education institutions in our country.

The practice of physical education shows that the effectiveness of physical training will be high only if physical activities are individually dosed taking into account the level of health and physical fitness of a person. [5, p. 186]. Individual programs of physical education of students are intended for young people who for health reasons belong to the main and preparatory group, but for some reason (recovery from diseases, insufficient level of physical development, etc.) cannot perform physical activity in full. These programs are based on methods of intensive physical and functional training of young people with mandatory control over the level of health of students. Thus, the total volume and intensity of physical exercises is limited by the functional state of the students, and does not depend on the subjective opinion of the teacher [6, p.133].

In the light of the above, the authors of the article decided to conduct research that determines the quality of the level of physical and functional training of young people who attend various forms of physical education classes at universities. The aim of the research was to identify the most effective form of training in terms of increasing physical qualities. The research was conducted at Namangan State University. The research involved 300 young men-students of the 1st year of study (100 people selectively from each form of training). The choice of the studied students was carried out randomly using computer programs.

When conducting research on the effectiveness of modern forms of educational process, the authors used a set of control tests and tests that are widely used to assess the level of physical and functional state of students. We studied: the level of strength development (the number of the crossbar), the level of speed development (time to overcome the 100 m distance), the level of flexibility development (leaning forward in a sitting position), functional readiness (time to overcome the 3000 m distance, a test with squats). It is believed that the results of these tests will most fully and accurately indicate the physical form of a person.

Separately, you should tell about the test with squats. This test is widely used in the practice of pedagogical observations and sports medicine to assess the level of functional readiness of subjects. The essence of the test is to perform 30 squats in the shortest possible time. The test is convenient for performing and because it does not require expensive equipment, such as a bicycle ergometer or treadmill – a moving track for running. To perform it, you only need to measure your pulse and blood pressure at rest and after exercise. For more accurate calculations, the authors used the method of Professor A.I.Zavyalov to calculate the systolic and minute blood volumes of the studied students [3, p. 70-75].

3. RESULTS

In the course of research, data were obtained on the increase in the level of development of physical qualities and functional readiness of students. Students who are engaged in sports specialization programs and students of the modular form of training slightly (according to the student's t-criterion) increased their level of training. Students who are engaged in individual programs, the level of functional training increased (according to the student's t criterion) statistically significantly. The full results of the research are presented in the table.

4. DISCUSSION OF RESULTS

The data obtained by the authors indicate that teachers of the departments of physical education can choose the most suitable form of conducting training sessions with students (from the climatic, material and technical sides). The increase in the level of development of physical qualities and motor abilities is demonstrated by students of all studied forms of education. However, according to research data, there is no significant increase. According to the authors, this fact can be explained by the fact that students who attend modular training classes spend a significant part of their time learning technical actions and techniques at the expense of developing physical qualities. Students who attend classes in the form of sports specializations, on the contrary, concentrate time on the development of any one quality (swimmer-endurance, athletes-speed, etc.). When you selectively determine the indicators of other physical qualities, the development of which was not given due attention, you can find that the increase may be small. An increase in the level of functional readiness for physical activity was also recorded in students of all forms of education, but a statistically significant increase in the student's t-criterion (P <0.01) was recorded in students who are engaged in individual programs.

5. CONCLUSIONS

The authors ' research on the effectiveness of various structural forms of physical training for University students shows:

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1. There was no significant significant advantage of any one structural form of conducting classes over others in the development of students 'physical qualities. The increase in the level of development of physical qualities is demonstrated by both students who are engaged in programs of various sports specializations and those who are engaged in modular training programs, and students who are engaged in individual programs. Therefore, teachers of physical education departments can use various forms of training sessions or combine them to effectively develop students 'physical qualities.

2. The increase in the level of functional readiness is also demonstrated by all the studied students, but significant changes occurred in the students of the individual form of training. If the differences are unreliable for students who are engaged in programs of specializations and modules, then for students of the individual form the reliability was P <0.01. Therefore, from the point of view of efficiency, the individual form of training is most suitable for increasing the level of functional training of students.

In conclusion, the authors want to note that the most promising form of organizing the process of physical education is the individualization of the educational process, taking into account the level of physical and functional condition of young people. This form allows (in contrast to specializations and modular training) to attract students with different levels of physical and technical training, as well as students of special medical groups to practical classes.

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